

Adding Flavor with Herbs and Spices

Instead of cooking with salt, MSG, soy sauce, or high sodium fish sauces, try these herbs and spices.

Herbs and Spices	Recipe Ideas
Basil, Marjoram, Oregano, Parsley, Rosemary, Sage, Thyme, Garlic, Onion	<ul style="list-style-type: none">• Use each alone or mix them together.• These taste great in tomato sauces (use low sodium canned tomatoes or tomato sauce). Serve the sauce with pasta or rice and your favorite beans.• Try any of these herbs in your steamed vegetables or in soups.• Try garlic and onion in either the fresh or powdered form.
Chives, Dill, Parsley, Tarragon	<ul style="list-style-type: none">• Steam any one of these with vegetables or fish.• Tarragon is great in soup.• Dill is great in rice with vegetables and kidney beans, or in dips with yogurt and low fat sour cream.• Chives and parsley are great on top of salad, soup, or baked potatoes. It is also good in dips with yogurt and sour cream.
Allspice, Garlic, Marjoram, Parsley, Thyme	<ul style="list-style-type: none">• Mix these herbs and spices together for a terrific meatloaf, pot roast, or other red meat dish.
Marjoram, Rosemary, Tarragon	<ul style="list-style-type: none">• Mix these together, rub on chicken or turkey and steam it.• To reduce fat, use skinless chicken or turkey.
Curry powder, Turmeric, Garlic, Onion	<ul style="list-style-type: none">• Mix these together with tomatoes (or tomato sauce), rice, black beans, and corn for a delicious Southwest flavor.• If you don't like curry, try the same recipe without the curry powder.